

THE
Artificial Spaw,
OR
MINERAL-WATERS
TO
DRINK:

Imitating the *German* Spaw-Water in its Delightful and Medicinal Operations on Humane Bodies, &c.

By *T. Byfield*, M. D. Fellow of the College of Physicians at *Dublin*,

L O N D O N,

Printed by *James Rawlins* for the Author, and are to be sold by *Matthew Keinton* in *Little-Britain*, 1684.

07-138

TO THE
Right Worshipful
Sir WILLIAM JENNINGS.
KNIGHT.

Honored Sir,

THE Encourage-
ment these Wa-
ters receiv'd last Year
from your own Experi-
ence

The Epistle

ence and Commendation, of 'em to others, did in part Naturalize 'em ; by gaining such Repute, that they were prescrib'd by several Physicians in Town to their Patients, and that with good Success. For they alone wrought several Cures, as by the Testimony of the Doctors does appear.

Dedicatory.

*I have bin therefore
very industrious to keep
open these Salutiferous
Springs, that they may
flow to the advantage
of many. And I doubt
not but under your Pa-
tronage their Medicinal
Virtues will raise 'em to
such general good esteem
that they'l become the
Metropolitan Fountain.*

I will

The Epistle

I will not be difficult (besides Experience) to make it appear from Reason, that Medicinal Waters thus by Art prepar'd, will excel the Natural. But that being part of the ensuing Tract, I'll not here forestal the matter. But acknowledge your Obligations in permitting a Rivulet of this
Foun-

Dedicatory.

*Fountain to have its
Eruption among your
ingenious useful Under-
takings, which that they
may continue to prosper,
are the unfeigned wishes
of*

Honoured Sir,

Your most humble Servant,

From my House in
New-street by Fet-
ter-Lane near the
Five Bells.

T. Byfield.

The

...to have in
...among you
...order
...that they
...to proper
...subject

Honoured Sir,

Your most humble servant,

T. Byfield.

The

THE
Artificial Spaw,
OR
MINERAL-WATERS
To Drink, &c.

CHAP. I.

THe improvement of Arts
and Sciences is the great
design of all industrious Men.
I have therefore in imitation of
B such

such bin at pains, and cost too in making some useful improvements within my own Sphere of Physick, of which at present I shall only discourse of one, *viz.* The making of Artificial Mineral Waters equal to, if not exceeding, the Natural, as to their Medicinal qualities. For I have so strictly examin'd with what Minerals, Marcasites and Nitrous Glebes the healing Fountains are impregnated, to make 'em such; that by preparing, purifying and exalting their Medicinal Virtues, I shall be able not only to imitate Nature, but herein excel; by defecating and expelling those gross Terrestrial parts,

parts, and often unwholsome, that are commixt with Minerals: from which to extricate the benign and useful parts, great diligence and curiosity is requisite.

This boast I hope may be very well allow'd within the bounds of Modesty, since I have brought my undertakings to Perfection.

And since things Natural (especially as to the *Materia Medica*) are greatly improv'd, in regard to their usefulness, by Learning and Industry, why may not this Mineral Preparation, among the innumerable store of others, be allow'd to challenge the credit it deserves. It has pleas'd

God, for our imployment, to make those things that Minister Food and Phyfick, capable of improvement by us, and our Labour and Industry in their preparation necessary e're we can receive due Benefit and Refreshment from 'em : whenas in those only which serve for Delight and Pleasure, as rich Fruits and Flowers, &c. He has shown his infinite skill and excellence ; which when we tamper with we only damage. So that no Artist is so vain and impious to vye with Nature, but only pleas'd when he can diligently and curiously perform that Labour and Culture assign'd him by his Maker.

But

But I must not digress; how high therefore this way of Physick is in vogue, or like to be, shall not be so much my concern to recount, as to make the usefulness and conveniency of it appear. For if persons can with little expence and trouble be prevail'd upon to make a harmless trial of those things that are productive of great good, such insinuations are no ways culpable.

'Tis obvious how many perish for want of timely care, permitting slenderer indispositions (which might soon be remov'd) to run to some high Distemper, and that too often suffer'd almost to have mischiev'd the Bo-

dy, e're they will look out for remedy : being deterr'd from the use of means, either because the methods are harsh and unpleasing, or because they are Expensive and too Chargeable; none of which our Medicinal Waters can be taxed with.

The Theoretick part of Physick being of late so richly adorn'd with accurate Anatomical Dissections and a refin'd Philosophy; I conceive it likewise requisite that the Practice should bear some proportion to it, otherwise the Ornament of Languages, and all other Embellishments, are but gilded nothings to the great Art of preserving and restoring a sound
and

and healthy Constitution. For to live long and in health, as 'tis the best thing belonging to this World, so 'tis most desir'd, tho' the methods conducing thereto are much neglected, 'tis not only furnish'd with delights in it self, but it gives a gust to all others ; for without it all their Excellencies are imperceptible. But this is a Blessing most relish'd and best valu'd by those who sometimes are without it.

'Tis a great misfortune of Humane Nature not to discern wherein her happiness and delights consist, which often are nearer her than she's aware of; and the farther she wanders in pursuit of 'em, she's at

the greater loss. For the methods to be taken for a happy life are not so difficult, nor to be so far fetcht, as are by most imagin'd. But it being my business chiefly to direct to that part which conduces to preserving and restoring a healthy Body, I shall only concern myself in what tends thereto.

How nice and delicate a thing it is to keep the Body in a just and due mixture of Principles, and to recover those decaying, is not soon apprehended. For the subtile vital Breath, or the volatile invisible Spirit of man's Body, deservedly nam'd Mercury, nourisheth, feedeth and preserveth himself by the
Oleity

[9]

Oleity of Man's Suphur, which is predominant in the Blood; besides these there is a Salt lying in the Juices, Flesh and Bones; this ministers its noblest part for nourishment to the Blood, and preserveth man's Body from putrefaction, and is that *Vinculum* whereby the other two are kept and dwell together. For in the Salt there lyeth a Spirit which protects and preserves the Balsoms in their worth and purity, it savoureth all the rest, and is inexhaustible, unless it dye quite: for the Air which supports the Spirits with its Vital Breath, does carry in it a nitrous Spirit, which tempers the whole nou-

ishment, and prevents the unruly disorders of the other ingesta. Thus is preserv'd and kept a due temperament of Principles *ad justitiam*, which is the great skill of a Physician.

But lest I make too large a Digression, designing at present to discourse only of the excellent uses of Medicinal Waters, and of my imitation of the Ultramarine Spaws; I shall rather now say somewhat of Water in general and its usefulness.

CHAP. II.

Of Water in general.

SInce I am about to demon-
 strate the advantages of
 Medicinal Waters, and to shew
 how fit a Vehicle this Element
 is to convey Medicine to the
 inmost recesses of the Body ;
 I think it not besides my busi-
 ness if I a little touch upon the
 Excellency of Water , which
 was created for the universal
 Drink of all Creatures , and
 the Health and life of the first *long*
 Ages of the World may com-
 mend its Wholsomeness. But
 if we examine its Nature, we
 shall

shall find it consist of those qualities which denote its Salubrity, as clearness, thinness, lightness, softness, &c. which cool, moisten, attenuate, refresh, allay Thirst, and are a pabulum or recruit to fretted Spirits, and a proper Liquor to convey and distribute other Aliments. Some of the Ancients call'd it *παραγεια* the Seed of all things: But I shall not here discourse of the productions from Waters; what Vegetables, Minerals and Animals are generated by it: neither shall I treat of the various kinds of Water, as River-Water, Rain-Water, Pump, Lake, Pond-Water, &c. That is the best

best and most wholesome which is void of taste or odour, and is clear, pure, most light, soon heated, soon cold, and in which Flesh is soonest Boil'd. The living Spring I judge most valuable for Drinking, and that nearest the head of it the best. For those living Principles which actuate all Bodies, and keep 'em not only from putrefaction, but qualifie 'em for recruits and sustenance to other Bodies, are in proportion in Waters, which denotes 'em of such and such a strength and purity, and may be us'd in quantities accordingly. And 'tis no small advantage that they are capable of being receiv'd

ceiv'd in such large quantities, without fuming or disturbing the Brain, to irrigate and soften the whole Body, and bedew the fiery Spirits with their supple Vapours: And when those Airy brisk Particles do extricate themselves from these soft lodgments, they are again entangled with more to prevent their leaping out, or firing one against another: and such a pretty bustle or ferment in Nature raises that general efflorescence and vigour, which plumps, exhilarates, and makes gay a well-temper'd healthy Body. The dispensing either of Food or Physick, in a clear, thin, soft and gentle Vehicle, must

must make a better digestion, and a more equal distribution of it ; then in a fiery Chariot, which precipitates Nature, and hurries the crude parts thro' those strait and slender passages beyond their Natural Emunctories, and lodges 'em where neither Nature can expel 'em, nor Art reach 'em. Whenas the milder Liquors make such easie gradations , that Nature can secern by her peculiar cleansing ducts those Feces and Crudities, which timely and orderly expell'd , prevent innumerable Obstructions and Diseases to the Body.

I wish for my own particular,
who am sometimes afflicted with
Stone

Stone and Gout, that I had earlier studied these things: but what I can't prevent in my self, I wish I may in others.

But to shew how excellent a Vehicle Water is for the distribution of generous and restorative Medicines, is no difficult task, if its Nature be considered, as is before mention'd: for by searching out the minutest passages of the Body, it promotes a general dispensation of the design'd matter to all parts of it. And I am of the opinion that fine Chymical Medicines should be deliver'd to Bodies in soft gentle Vehicles, but by no means in their own Terrestrial Bodies; for they are so fitted
there

there in their position, that our Bodies are not able to extricate the benign useful parts from the intricate meatus's of a tough Mineral, and raise its living principles from their domicils so stiffly munited and secur'd. Yet when by great Art and Labour these are got out and defecated, they are beneficially deliver'd in another Body, where they can't so soon shape a retirement: and if in thin light cooling Liquors, Nature can with ease gradually fetch out their help and refreshment; whenas those too hot fiercely assault Nature, and admit not of quantity enough for their equal distribution.

CHAP.

CHAP. III.

Of Mineral Waters.

IN the Mineral Kingdom thro' which the Veins of Water glide, are amas't mighty Treasures, from whence may be extracted greater relief for the necessities of Mankind than is by most imagin'd.

But to come near my purpose, excellent Medicines by the due management of Fire, have bin obtain'd from several Minerals and Semi-minerals, &c.

But to come yet nearer (by playing the Hydrotomist) the great account of Mineral Waters may be display'd, which be-

besides their own Nature, receive Medicinal qualities from Subterranean Mines.

It may be consider'd that few Mineral Waters are simple, I mean impregnated only with one Mineral, but compounded as the Minerals and Marcasites lye confus'd in the Bowels of the Earth; and those who have bin curious to search into the Nature of Medicinal Springs, have always discover'd a mixture of Minerals; tho' perhaps some of 'em have not bin so lucky as to assign their virtues to the proper Minerals, &c. In the Mineral Kingdom I place Salt, Nitre, Vitriol, Allorn, &c. for in the Salts of many Bodies
lye

Iye their chief Virtues, either for Purging by Stool or Urine, or for cleansing, cooling, drying, stimulating, opening of Obstructions, attenuating of gross humours, or astringing, corroborating, &c. according to the Nature of the Body. The Learned *Helmont* saith, (p.55.) *Semina salium cuncta in aquis sita sunt, attamen nondum saporem induerunt nisi corporum principia consentanea utrosq; terræ debitos repererunt, &c. (viz.)* That all the Seeds of Salts are plac'd in Water, yet are not endued with taste, unless they find agreeable Principles of Bodies, and suitable Matrices of the Earth; then, and not till then, they

they manifest their Saltneſs, and become determined in a Saline Body; in one place into Allom, in another Salmarine, in a third in Nitre, &c. To which he adds, *Quocirca notandum, Sal quoddam exiſtere Hermaphroditicum metallorum quod defectu nominis eſurinum ſive acetofum re & nomine vocari capit, generale equidem & ad omnia metalla accommodabile, (viz.)* That there is a certain Hermaphroditical Salt of Metals, which for want of another name is call'd an Eſurine or Acid Salt, which is a general ſort of Salt, and accommodated to all Metals. So that this Eſurine Salt, while ſuch, is no more than Salt, and not a Vitriol: but if
it

it become a Vitriol, it must espouse a Mineral or Metalline Body. He farther saith, *Vitriolum præstantissimum naturaliter crescit fodinis, quibus natura istud Sal Esurinum peperit, venam eris feracem, corrodens, & fontis labentis liquore dissolutum*; (viz.) That the best Vitriol is most naturally brought forth in those Mines where Nature hath begot that Esurine Salt, corroding a strong Vein of Copper, becomes dissolv'd in the gliding Current of a Spring. But should I here inlarge in an account of Nitre, Vitriol, Allom, Bitumen, Arsenick, &c. I should exceed my present intention, and prevent a future design. Yet I think it
 neces-

necessary to my present business to say thus much of Nitre and Vitriol. The Esurine Salt discover'd in the Air, if it meet with a fat unctuous Glebe, and be preserved from Rain and Sun, that it spend not its strength in the production of Vegetables, breeds great store of Nitre: for 'tis observ'd that in these fat Earths there is at first no Nitrous taste; neither can any Nitre be extracted from 'em; but after their continuance a while in the cool Air, its magnetick power from a Nitrous Principle, opens the unctuous Body of the Fat Glebe, a fit receptacle for the Esurine Spirit, and is therewith coagulated and envelop't,
and

and after this manner is the Nativity of Nitre.

'Tis commonly observed, that in Cold Weather the Appetite is more keen, and the Thirst little, which proceeds from the great store of Nitre that is in the Air.

Vitriol I take to be an Esurine Acid Salt corroding the Sulphureous parts of Metals or Marcasites by an Acid subterranean Spirit (whereof there is great quantity in some Mines) corroding the Veins of Iron, Copper, &c. from whence are the varieties of Vitriol. Sometimes from a Vitriol Loam or Clay diluted with Water, and set in a cold Cellar, may be

be gather'd an alluminous efflorescence, which shews there may be a mixture of Al-lom with Vitriol: But the differences or varieties of im-pregnations, arise either from the difference of the quantity of the Acid Spirit corroding the Veins of Copper or Iron, or from the greater or lesser continuance of the course of the Water thro' those Metallick Veins.

It need not seem strange to any that there is such Acidity in Water and Air: from whence else doth Iron and Copper being put into Water, or standing long in the Air in a cold Cellar, contract such a

C Rust

Rust as they do ? Is it not from the Acid Spirit of Air and Water uniting with the Esurine Salt in those Metals exciting its corrosive power to destroy the Texture of the Metal ? And this Rust being Boil'd in Rain-water, will yield a Vitriol.

There are many ways of making Artificial Vitriols : but I shall pass beyond my intention if I now discourse of 'em.

'Tis obvious what Beds of Minerals lye in the Bowels of the Earth, on which the Currents of Waters wash in their circulating Veins, from which they are impregnated with

with their Medicinal qualities.

But before I dismiss this Chapter, I think fit to add this, that there is a universal common Salt of Nature, the first Ens of Salts which is specified according to the diversity of Nature, and receives various forms.

God the Original Founder of all Beings, hath implanted in the Superficies of the Earth that great variety of Vegetable Seeds, which propagate themselves in their Species: So that every Vegetable at its proper season, by the instigation of the Heavenly influences, setting at work its seminals,

minals, by stirring up its innate power, begins to shape it self a Body according to the Laws of Creation ; Every Plant in its kind ; till they have made up that wonderful variety which so richly adorns the Earth.'

In like manner are dispers'd the Mineral and Metalline Seeds in the Bowels of the Earth, determin'd for specification, and to become prolifick by the embryonate Sulphur according to the purity or impurity of the Terrestrial Matrix : And thus the Metallick Order is compleated by the perfected Metals, while the imperfect and middle Minerals

rals arrive but slowly to Metalization.

Now when Water impregnated with a Spirit, or Vapour from the accens'd Body of Sulphur, passeth through a fassuginous Glebe, already endow'd with the common Salt of Nature, it produceth Salt, when through Nitrous Veins, Nitre; when through Alluminous, Allom; when through a Copperas, White Vitriol; when through a Silver Mine, Blew Vitriol; and when through an Ironish Glebe it shares of some particles of Iron, and produceth Green Vitriol, &c. But these are more or less, according to the proportion

portion of the Waters Acidity, and the Fertility of the Veins through which they pass. So that Waters ting'd with this Acid Spirit, become a proper Menstruum for the opening of the Ramenta, and Extraction of the excellent qualities of Minerals and Marcasites. But to demonstrate the Artificial performance of this, is the business of the next Chapter.

CHAP. IV.

Of our Artificial Waters.

A Physician must learn to Anatomize all things in Nature, as well as Humane Body, to know what they contain within and without, to separate the Poyson from the Medicinal quality: he must know how to dissolve, separate, exalt and prepare fully Metals, Minerals, Vegetables and Animals: for Receipts found in other Mens Writings, cannot sufficiently instruct a Man to the Practice or Improvement of Physick.

The Field of Nature is very large, 'tis round and endless, affords room enough for every industrious Man, so wisely has the great Creator contriv'd us all imployment, that none need envy or assault anothers labours, but may go out and provide for himself; and did he know the Treasures that lye undiscover'd, 'twould make him of a busie mind.

Minerals as they yield the noblest and choicest Medicines, so they are of greater difficulty, and require greater skill in their preparation than either Vegetables or Animals. I have therefore (out of a desire of useful rarities) apply'd
my

my self of late to hard labour
in the Mines ; from whence I
hope to produce great benefit
to others, and a little to my
self, which shall suffice.

And having now exactly
compleated by the necessary
Laws of Alchymy my Mineral
healing Waters, I judge it nei-
ther Empirical, covetuous, or
any ways base to permit 'em
(on such easie terms as I do,
for general good) to break
up like a publick Fountain, to
which every one may resort :
Yet I do not impose 'em on
any, let 'em fare according to
the success they obtain.

I have made 'em exactly
resembling the Ultramarine

C 5 Spaws ;

Spaws ; by selecting those Minerals and Marcasites which give 'em their excellent Medicinal qualities ; and I think the Artificial Preparation of 'em in selecting the useful parts, and rejecting those more unwholsome with the dregs, cannot but be of great advantage to the rendring these Waters more effectual and certain in their Operation, than the Natural.

For instance in Antimony, how charlish and unsafe is it, if given without any Artificial Preparation : but if dissected, separated, defecated, and by the rules of Alchymy prepared, what useful, safe, and

and noble Medicines does it yield ?

There is as great reason to except against White Bread, because 'tis the Flowers of the Wheat separated from the grosser matter of the Corn, and by the Baker's skill made Chymical Bread ; as there is against Medicinal Preparations , because discharg'd of their feces and useless or hurtful parts.

If then the Natural Medicinal Waters receive their Virtues from Minerals and Marcasites unprepar'd , only by washing on 'em as they pass through the Caverns and Veins of the Earth, and are esteem-
ed

ed of so great use: of how much more certainty then in their operation and usefulness must the Artificial Waters be, which have their Minerals purg'd and cleans'd from all their foul and noxious parts, and those that are Medicinal exalted and made ripe for the service of Nature.

There is much in the World yet to be discover'd, which time and industry may bring to light.

The Circulation of the Blood, how long lay that hid from Wise Men and great Physicians, though those Streams were always flowing about 'em; which when discover'd,
it

it seem'd strange they could be so long ignorant.

The late great improvement of making Salt Water Fresh, brought to that perfection that it serves all the intentions of Natural sweet Fountains, has greatly encouraged me in the prosecution of this design, which is brought too to that perfection, that it bears all the tests of those Natural Medicinal Waters it imitates, as the *German Spaw*, &c. and its operations are of greater certainty and more manageable.

For our Minerals, &c. are selected from all other, whether unwholsome, or not serving a Medicinal intention, and

and are open'd, separated, purify'd, &c. hereby we know exactly the Doses, especially being freed from all the gleetings of other Springs and Rain-water.

And the advantages of having 'em daily made fresh are not inconsiderable, nor the conveniencies of contracting the entire Medicinal Dose to what quantity of Water or other Vehicle you please, by the help of our Tincture; besides many more, which 'tis not necessary to enumerate.

CHAP. V.

*The Virtues and Use of our
Waters.*

I Think it not requisite to give an entire account of all the Virtues of those Minerals, Marcasites and Nitrous Glebes, with which duly prepar'd, our Waters are impregnated: For 'twould make too early a discovery of my Art, since it required so much labour and cost to compleat it.

Nevertheless, because I would give a rational account of all my undertakings; I'll say thus much

much further with the Learned *Kircher*, *Basis unica & absoluta origo omnium Aciditatum Mineralium est a Spiritu Sulphuris Acido*. 'Tis apparent that there is a Spirit of Sulphur in Mineral Glebes, from the Acid taste in Minerals.

Our Waters having a Vitrioline Ironish Taste and Odour, which appears from their sharp and piercing pungency somewhat harsh, shews they are Acuated with a Sulphureous Acidity from the Embryonate Sulphur of the Minerals and Marcasites.

But more plainly, I have carefully prepar'd my Menstruum, that by the gentle heat

heat of a digester, I so open the Bodies of my Minerals, &c. that I can with no less pleasure than labour extricate their Volatile Salubrious Atoms, from their gross and unwholsome Mixtures; and as easily preserve and convey 'em to the design'd Vehicle.

I give this account, because I can in Glass Vessels Hermetically Luted, sublime all the Medicinal Particles from their Water, which shews their purity and aptness for the service of Nature.

Whenas if you deal with the Natural Mineral Waters which soon evaporate their strength and good qualities, espec-

especially if kept a while from their living Springs, you may precipitate a Vitrioline Ironish Rust, like Powder, but apt to ferment and petrifie, which taken altogether into the Body, is there precipitated, and by large quantities of potent matter distributed into the remote parts of the Body, and becomes fit Minera or Seedlings both for Stone and Gout.

For the *materies morbifica* of both is one and the same, the difference only is in the scituation: though I know Rheumatick and Scorbutick pains are often ignorantly call'd Arthritick Symptomes: And such

such who are afflicted with either of these, and take these Mineral Waters not cleans'd from that sediment, which I can separate from 'em, in all probability minister much more Fewel than relief to their Distempers: And though they may by large draughts wash away some Sand and Gravel, and now and then expel some Stones; yet the question is, whether they don't lodge as much or more of this matter in the Body, as they thus drive through; which if, what Divertisement is it thus to be employ'd?

I'me sure I know by sad experience what hard labour
pre-

preambles to the Birth of a Stone.

But to return, our Artificial Waters are so finely prepar'd, that they afford no sediment: yet they answer all the tests and intentions of the most refin'd Spaw, they tinge of a pale Clarret Colour, and a deep Purple with a little scrapings of Gall, and discolour the Ordure, &c. they cleanse, cool, dry, stimulate, open obstructions, dissolve and attenuate gross humours; and are absterfive of Viscous, Tartarous, and other Humours in the Stomack, Mesenteries, Hypochondries, Reins, Womb, Bladder, and evacuate them
some-

sometimes by Stool, largely by Urine, and other dischargers of Nature.

They create a great Appetite, when the Stomack's cleans'd, by recovering and strengthening her tone: the like they do by the Womb, which must be of great use to such who are subject to miscarriages, weakness in those parts, and are unapt to breed.

But because I think not fit here to particularize, I'll once for all say, They are of excellent use for Ladies in all their distinguishing circumstances from Men: But not to be us'd by those with Child, unless by the Advice of their Physician:
And

And if further direction be requisite for any, 'tis fit they should have recourse to their own Physician.

And here in a Parenthesis, let me say, 'tis requisite to the health and happiness of every person to have recourse to a Spiritual and a Physical Guide, and that in times of Health, to preserve, and provide against those Evils, which the height of a Distemper, and the hour of Death, make unreasonable for any considerable Ministration. *Principiis obsta, &c.*

These Waters are powerful in all Cachectical and obstinate Diseases: like an Alkali they
im-

imbibe the Acidity and Sourness of the Blood, and consequently dulcifie the same: for by a Natural Propensity uniting (magnetically) with the Esurine Salt, they are ejected together with the obstructive humours, by a strong irritation of Nature (from these Waters) to expel 'em.

And from their Diuretick Nature, after they have attenuated, cut, resolv'd, and so alter'd the Mucous and Tartarous Humours of the Body, and prepar'd 'em for Excretion, they then carry them off by Urine, which is the most safe and effectual conveyance (for all sharp and saline Humours

mours especially) of all other
forts of Evacuation whatever.

This Water thus enrich'd by
my Tincture or Essence, searches
such latent passages and abstruse
retirements of the Bowels and
other parts, as other Medicines
cannot reach, and after a dis-
covery made, doth not only
dispossess what is preternatural
of its usurped power, but also
by corroborating and re-in-
forcing Nature, so firmly in-
titles her to her former right
of inheritance, that scarce any
thing but an act of Hostility
or Old Age can cut off the
Intail.

They so correct and mend
the Juices of the Body by ex-
pelling

pelling watry, sharp, fowre,
 gnawing, hot, foul Humours,
&c. that they are of excellent
 use to purifie the Blood, cure
 the Scurvey, even in those
 whose Gums and Teeth, as
 well as by Spots and other
 Signs, shew it to have deep
 rooting.

Admirable against the Drop-
 sie, especially to such where
 the humours fluctuate up and
 down, by falling into the Legs
 and returning again; which
 demonstrates 'em capable of
 Expulsion by Stool and Urine
 by things appropriate; and
 by thus doing, Sore Legs may
 be prevented.

D They

They are justly recommended against the Jaundice Yellow and Black, Melancholy and fearful passions, Cholick, Diarrhæa, and Dysenteria, and the Distemper call'd Vapours offending Head and Heart.

They cheer the Heart, prevent palpitations, passions and faintings. They open, cool, cleanse and strengthen the Lungs, consequently good against Asthma's, Defluxions, Coughs and Consumptions, if not too far spent.

They are absterfive, cleansing and healing, therefore consolidate Lungs decaying from Exulcerations; and likewise Ulcerated Kidneys, they cleanse
'em

'em of mucous foul matter, the Duelech, Sand, Gravel and Stones. I may justly commend 'em to those subject to Head-aches, Vertigo, Megrim, &c. and for Gonorrhea's and the fruitful improvements upon that Graft; especially if taken in method with but a few other things, to speak modestly they will answer expectation.

'Tis too tedious to enumerate so many Distempers as Authors have bin pleas'd to assign names to.

The preserving and restoring the Blood to a good temper, cuts off a thousand Diseases.

And so the juice of Nerves rightly purg'd, purify'd and

enrich't prevents many there,
as does the preserving a good
Mass of Blood.

I'll only add, they are of
use to such as are afflicted with
Wounds, Ulcers, Itch, Sores,
Scabs, Sore-Legs, Leprosie,
&c.

CHAP.

CHAP. VI.

*Directions to be observ'd before,
in, and after the taking our
Waters.*

TO them who intend the use of these Waters for the removing of any considerable Distemper, I advise that they prepare their Bodies with some gentle Vomit or Purge, which shall be thought most proper by their Physician.

To those who carefully keep their Bodies from any glut of humours, and design only to take 'em for pleasure, or to remove slighter indispositions ;

to dilute and temper the Blood and preserve it from decay or putrefaction in any measure, or to create a good Stomach, &c. I advise but a slighter preparation, (and that only before the first taking of 'em) by a few Stomach-Pills to clear the first passages, or by some gentle purging Tablets, which will finely prepare the Body, eating a few early in the Morning before you drink the Waters.

But I leave every one to have recourse to their own Physician for such as these.

What I have furnished myself with requisite to be given before and with the Waters,
 &c.

&c. I shall keep at home for such who resort to me: For I would willingly avoid all offence, not coveting any mans employ.

And thus I hope I shall easily demonstrate my care to prevent Obloquie, and satisfy any one I design not to Monopolize.

If prejudice prevent not, these Waters may be prescrib'd by Physicians in Method to their Patients as well as the Natural Medicinal Springs; and by their Skill may be made in every respect a capable and useful Vehicle for the distribution of such generous and noble Medicines as our Art directs.

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The Waters are of excellent use, and serve many intentions taken alone from one Quart to two, or three at most.

And the rules to be observ'd in the taking of 'em are common to other Mineral Waters, and so generally known, that almost every one can prevent me in those few and easie Directions that are requisite.

They are to be taken in the Morning Fasting (unless a few Tablets, or some such slight Physical thing preamble) not when the Body is heated with exercise.

They are not to be drank too quick, nor too slow: but convenient distances are to be allotted,

allotted, as once in half an hour a Pint, or less, as your Stomach can bear 'em, and rid 'em, till you have taken the quantity you design ; After you have taken two or three Draughts 'tis best to use some gentle exercise *ad ruborem* only, not *ad sudorem*, till you be pretty warm, but not sweat.

Whilst you walk or ride, &c. you may eat Orange-chips, Citron-peals, Carraway Confects, Elicampane Roots Candied, &c.

But if you are advis'd that it be convenient to pass any of these Waters by Stool, the Purging Tablets taken with 'em will finely assist, and serve

very well in the room of the Confectionary, and much better on Medicinal accounts.

'Tis not fit to Dine till the Waters are pass'd, and half an hour before Dinner a Glass of Rhenish, White-Wine or Clarret I think not amiss.

I shall not here prescribe the quality of your Diet; Every one knows that Mutton, Veal, Lamb, Chickins, Rabbits, &c. are good Fare.

My care is to caution you as to quantity, and that the rather, because these Waters rightly us'd, give a great Appetite.

'Tis better both to Dine and Sup moderately, whilst in this
Me-

Method, than to overcharge at once.

Temperance prevents and helps to cure many Diseases. He that desires to eat much, must eat little; for by eating little at a time, he lives long and so makes it up.

All intemperance in Drink should at all times be avoided, But excess in this Method may be of danger: Nevertheless I commend a little good Wine, or Beer and Ale with discretion, especially an hour or two before you go to Bed.

And here I think it kind to insert this Note, That the dilutive Cup, or Evenings draught so much in use, is generally
taken

taken too late: for to fill the Body with Liquor and presently to Bed, causes many Diseases. 'Tis fit it should as to the greatest part be passed first, which would prevent Gravel, Stone, Gouts, Dropfies, &c.

Those who take Drops, Powders, and several Physical Preparations in these Waters, or in Method with 'em, are to observe stricter rules than others, according to the nature of their Distempers and of the things they take, which as 'twould not be convenient, so neither can they be here prescrib'd, recourse must be had to such as shall dispense their preparations.

The

The use of these Waters is to be continu'd as need shall require, or while they please you.

They may be taken by some with great advantage mixt in their Wines, if they drink White, Rhenish, or Clarrets: For they finely dilute the Wine, cool and temper the Body: and very much promote the passing of the Wines by Urine, which will be of good use to them especially who frequent the Taverns, and sit there a while.

These Waters will be made fresh every day upon the best and choicest Springs that can be got.

I shall make it great part of my business to see all those necessary rules strictly observ'd that are requisite to their exact preparation.

And if in this short Tract I have not given some satisfactory account of 'em, as to their Virtues and Use, I shall be ready at seasonable times to give further direction to any that are pleas'd to require it.

CHAP.

CH A P. VII.

*Of our Spaw-Tincture and its
excellent Uses.*

THe advantages of our Tincture are not few or mean, if the power be consider'd that's put into every ones hands.

For here you have the Medicinal qualities of the wholesome Natural Spaws, by much Care and Art separated and cleans'd from their gross Terrestrial parts.

Hereby any one never so remote, may have the entire benefit of the Natural Medicinal Waters.

Any

Any one upon Travel or retirement may with this Tincture furnish himself with these Waters, and make 'em just as he takes 'em, and to what quantities he pleases. He may contract or dilate his Vehicle and yet have an entire Dose of the Virtues, by the ordering of his drops.

And those that drink of my Waters may augment the Dose of the Medicinal part by this Tincture to what degree they judge fit, or are advis'd to for their particular circumstances: Or the Tincture may be dropt into Wine as you drink it to make it pass the better by Urine.

To

To those who frequent *Tunbridge*, or other Mineral Fountains, this Tincture may be of excellent use to enrich their Virtues, and to make them more certain in their Operations: For by uniting with their Mineral Principles it will stimulate 'em to a brisker discharge; and by this help, the great quantities usually taken may be contracted, which will be of great use to weak Stomachs, and otherways infirm Bodies.

And the dangers from the ill passing of those Waters may be prevented, and better by this Tincture, agreeable to
their

their own Nature, than by any opposite Physick.

Persons unable to frequent the Wells through a low Fortune are here accommodated at their own Houses: Those unable through sickness, and whose circumstances require, yet cannot take the quantities, or it may be not Water, may use this Tincture in appropriate Vehicles.

'Twould be too tedious to enumerate half the benefits of this Tincture; and from these already mention'd every one may supply many more conveniencies, Especially they whose necessities require, will be inventive.

Be-

About Twenty Drops of our Tincture makes a Bottle of Water to that strength our Waters are of : Now any one may add fewer or more as he desires , and make what quantities he pleases.

For the improving our Waters or *Tunbridge, &c.* half the Dose of drops to a Quart may be us'd, because they are already impregnated with Minerals.

Unless you design to contract your quantity of Water, then you must increase proportionably, 10, 15 or 20 Drops may be added to each Quart of Mineral Waters, and so advance

vance daily, till you arrive to what pitch you purpose, and then abate by degrees.

'Tis not easie to commit any error, for as he that drinks three Bottles makes 'em more potent in operation than he that drinks but two, so 'tis with the Tincture.

ANd now I'm come to fix the prices, with which I would rather give content, than consult my own benefit. I have therefore deliberated well on 'em, desiring they may be without exception in every particular, and so obtain a good esteem, and be of general

ral use to answer their designation.

I hope therefore at six pence a Quart our Water will not be accounted dear; nor our Tincture at Five Shillings the Bottle, which computed by Doses is much about the rate of the Waters; for one Bottle of Tincture will make Ten or Eleven Quarts of Water to that strength ours are of.

And if any ones occasion requires the increase of the Dose, he must be content to be at the extraordinary Expence, which being but little, I hope success will make him restitution.

They

*They that send for the Waters
Seal'd up in our Bottles, are de-
sir'd to send 9 d. for each Bottle,
the odd 3 d. being allow'd for
the Bottle.*

*These Waters and Tincture are to be
had only at the Dukes Bagnio in
Long-Acre.*

*And near the Royal-Exchange, as
will be directed on two Tables at
the South and North Entrance.*

*And at my own House in New-street
by Fetter-Lane near the Five
Bells.*

FINIS.



On Monday last died at his House in Salisbury Court, the famous Dr. Byfield, well known by his Medicine call'd, *Sal Volatile Oleosum.* Oct 28. 1723.

The learned and pious Dr. Byfield, Sen. Fellow of the College of Physicians in Dublin, departed this Life the 28th of October (not at his former House in Salisbury Court, as has been publish'd; but) at his House in Great New-street, near Fetter-Lane; where he has lived about 11 Years, and where his Widow continues to make the *Sal Volatile*, which she always prepared with her own Hands, near 30 Years.